

March
1927

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UNITY

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THE CAMEL KNEELS

The camel at the close of day
Kneels down upon the sandy plain
To have his burden lifted off
And rest to gain.

My soul, thou shouldest to thy knees
When daylight draweth to a close,
And let the Master lift thy load
And grant repose.

Else how canst thou tomorrow meet,
With all tomorrow's work to do,
If thou thy burden all the night
Dost carry through?

The camel kneels at break of day
To have his guide replace his load,
Then rises up anew to take
The desert road.

So shouldst thou kneel at morning's dawn,
That God may give thee daily care,
Assured that he no load too great
Will make thee bear.

—*Scottish Rite Progress.*

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UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by
UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Missouri
F. B. WHITNEY, *Editor*

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VOL. VI KANSAS CITY, MO., MARCH, 1927 No. 3

It is as difficult for a dyspeptic to enter the kingdom of heaven as for a camel to pass through the eye of a needle.—*Henry Ward Beecher.*

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OUT IN THE FIELDS WITH GOD

The little cares that fretted me,
I lost them yesterday,
Among the fields, above the sea,
Among the winds at play;
Among the lowing of the herds,
The rustling of the trees,
Among the singing of the birds,
The humming of the bees.

The foolish fears of what may pass,
I cast them all away
Among the clover-scented grass,
Among the new-mown hay;
Among the rustling of the corn,
Where drowsy poppies nod,
Where ill thoughts die and good are born,
Out in the fields with God.

—*Selected.*

God's Spirit is active in me. Its vitalizing, healing presence makes me strong and whole.—*Unity Calendar (for March).*

LET US PRAY

"Our Father"



OD supreme; Father of all being; Mother of all creation; Source of all existence; Great Oversoul; Spirit of eternal life; Principle of Truth; Mind Divine; Truth unadulterated; Omnipotence without peer; Omniscience of all knowledge; Omnipresence of good; Inspirer of noble thought; Law of justice; Judge unprejudiced and impersonal; Being incorporeal and unlimited.

"Who art in heaven"

Thou existest in the heavenly realms. Thou art ever in heaven and we may always find thee there. We ascend into spiritual consciousness and thou greetest us with thy loving presence. In the eternal heavens of the mind thou art really present. From the beginning thou hast been. Through all time thou shalt exist. Thou canst never change nor pass away. Thine existence is eternally fixed and we live eternally with thee.

"Hallowed be thy name"

Thy name we revere at all times. Thy name is a word of power and of authority. Thy name is mighty and mystical. We call thy name and all evil taketh flight. We sing thy praises and thou art manifest unto us. Thy name is holy and sacred unto us. Thy name is beautiful and sweet. May all the world henceforth rise above all desire to blaspheme and to revile. May every one of thy sons defend thy grace.

"Thy kingdom come"

Thine abode be realized in the hearts of men here and now. Thy heavenly kingdom be set up now in our midst. Thy reign of peace come now to pass. May we come into a clearer realization that thou art ever with us. May we ever draw nearer to thee and more clearly behold thee enthroned in our hearts. In thy kingdom we rest in peace of mind, in health of body, and in abundant blessings.

"Thy will be done, as in heaven, so on earth"

As in the heavens of the mind, so shall thy will be established in the manifest. Thy will is holy and divine. Thou dost never will for us evil, disease, or death. Thy will for us is peace, love, life, and health. Thy divine will annuleth all ill will. Thy will is universal and it freeth us from personal will. We are content to abide by thy will and to see thy divine blessings showered upon us. We are satisfied to behold thy countenance shining upon us.

"Give us this day our daily bread"

Thou givest us each day sufficient good for the day. Thou givest us great peace. Thou givest us substance for mind and for body. Thou feedest our minds with noble thought. Thou feedest our bodies with substance for nerve, blood, and bone. Thy bread is heavenly manna. Thy bread is the food of celestial realms. Thy loaf sustaineth us day by day. Naught satisfieth us but thee and thy loving presence. Thy substance transformeth us to spiritual beings. Thy food refineth, regenerateth, and revitalizeth us. Thy bread is a sacrament to us.

"Forgive us our debts, as we also have forgiven our debtors"

We balance all our obligations this day. We give to those to whom good is due. We give love to those who would have our love. We give the healing word to those who would have more of health. We speak thy healing truth to those who would know more of thee. When we fall short, thou art ever near and ready to help and to serve us. Thou art ever ready to overlook our shortcomings, for thine eyes see no evil.

"Bring us not into temptation, but deliver us from the evil one"

We know that thou canst not lead us into ways of error for thou art the principle of Truth. Thou knowest no sin for thou art holy. Thou canst not direct us into adversity for thou art the guide to our good. Thou art our savior and our deliverer. Thou leadest us beside the still waters.

"If ye forgive men their trespasses, your heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses"

We forgive our fellow man for all his shortcomings and we are ever ready to inspire him to express more and more of thee. We forgive him for every word and for every deed that may have offended us. Established in thee, naught can hurt us or give us offense. All glory be unto thee. All power be thine. For thine is the kingdom, and the power, and the glory, forever. Amen.

THE LAND OF BEGINNING AGAIN

There's a wonderful place for the whole human race,
Called the Land of Beginning Again;
Where the acts of the past, in forgetfulness cast,
Rise no more, for God's pardon we gain.
And a Savior we find, who will always be kind,
As the king of our hearts he shall reign,
And though sin-sick and sad, we shall all be made
glad,
In the Land of Beginning Again.

The old life we can stop just the same as we drop
A shabby old coat at the door;
With all sin to be through, we can put on the new,
And discard the old rags evermore.
Standing there at the gates the Omnipotent waits,
And his suff'ring we cannot disdain—
Wounded hands, feet, and side—there we all may
abide
In the Land of Beginning Again.

Aims to magnify self are all laid on the shelf,
While our best to love's service we give;
As we seek so we find every chance to be kind,
In the int'rests of others to live.
And if unmeant mistakes should cause any heart-
aches,
Their forgiveness we soon would obtain,
For God's love reigns supreme, in our lives it would
gleam,
In the Land of Beginning Again.

Oh, how tranquil the earth with this new second birth!
For all people would live "on the square,"
And each hold the other as he would a brother,
And in all of his dealings be fair.
Then all strife and unrest would give way at love's
quest,
And sweet peace and prosperity reign,
For the trumpets of war sound their call nevermore,
In the Land of Beginning Again.

There is no magic way that in sin we may stay,
And this beautiful land hope to win.
To us God's word is sent that we all must repent,
And accept his salvation from sin.
Oh, the sun is so bright, and our hearts are so light,
When we move from sin's evil domain,
And we start on the road to take up our abode
In the Land of Beginning Again.

—*I. E. Arnold.*

TO SPRING

F. B. W.

Tell me, little drop of rain, what you know of God,
Coming from celestial plane, blessing rock and clod;
Tell me, little breath of air, vivifying trees,
Possibly you come to share life and heavenly breeze;
Tell me, little beam of sun, with your radiance bright,
Coming from the glorious One, from the Light of
light.

I would be as pure as rain, animate as air,
I would manifest the light, blessings I would share.

TUESDAY, MARCH 1

My Inspiration for Today: *I do not believe in weakness or weariness. God, in the midst of me, is my strength and I am strong.*

Primarily, weakness appears first in the mentality. There could be no weakness in the body unless that condition first appeared as a belief. He who does not limit his strength is strong enough for any demand made upon him.

If one did not allow the belief in weariness to enter his mind, he could go on and on indefinitely without any sense of being weary; he would enter into a state of consciousness in which he would be continually refreshed.

The secret of avoiding the sense of weakness and weariness lies in the ability to lay hold of unlimited strength. One finds this strength at the very center of his being. He finds strength when he discovers God.

One should cast from mind all beliefs in weakness. In God he is strong and powerful. As God's son, he is like his parent; he inherits strength from his father not once but at all times.

When the thought of weakness comes to one, he should instantly neutralize it by a thought of strength. He should know that in truth he is not weak. In God, he is eternally strong.

Jehovah is their strength,
And he is a stronghold of salvation to his anointed.

—Psalms 28:8.

WEDNESDAY, MARCH 2

My Inspiration for Today: *I erase from consciousness all unpleasant memories and all tendency to condemn myself. In the forgiving, restoring, renewing love of Christ I am free.*

We do not become liberated from the memory of past mistakes by meditating upon them. So long as we think about the past and our conduct at that time, just that long do we neglect to live in the glorious today.

When we learn to live in the now, we shall not condemn ourselves for the things of the past, for the things we have done and for the things we may have left undone.

How foolish to condemn oneself for what one thought and did in the past! Of course, one would not react to situations today as he reacted to similar ones yesterday. One is continually going through a change of consciousness and, consequently, is able to view everything in a new light. But let us remember that we may arrive at a place wherein we must view all situations from a definite point of view. That place is the phase of consciousness in which one always reacts from the standpoint of the Christ within him.

Repentance is a form of denial. The forgiveness of sin is an erasure of mortal thoughts from consciousness.—*Christian Healing.*

THURSDAY, MARCH 3

My Inspiration for Today: *My mind is open to my highest good and I am receptive to new ideas.*

When we limit our thinking we limit our expression. If we set up a barrier to new ideas we narrow our lives. If we close our minds to the good that is ever being directed to us, we shut out the blessings we should enjoy. If we are combative toward new ideas, our minds go through a process of aging.

How we enjoy the companionship of friends who are sympathetic and ready to listen to our new ideas! A new idea, at times, seems literally to have to fight for existence, but its newness and freshness give it such vitality that it weathers the opposition, endures, and lives.

New ideas refresh the mind. They cause the mind to relax from the humdrum of monotonous thinking. The mind which thinks the same thoughts over and over becomes mechanical in its action. Such a mentality operates like a machine that wears itself out through internal friction. New ideas cause the mind to renew itself and to be ready to meet unexpected situations.

One who is receptive to new ideas makes himself receptive to his good. He lays hold of his good by expanding his consciousness so that it includes everything that he desires.

They received the word with all readiness of mind.—*Acts 17:11.*

FRIDAY, MARCH 4

My Inspiration for Today: I have faith that right now good is winging its way to me from every direction.

Through faith we cause our good to draw nearer and nearer to us. Our faith seems to give good an intelligence and to show it just where to go.

One who does not have faith that only good can manifest in his life is in a position where he invites adversity. His lack of faith in good—peace, health, and plenty—drives his good away. The man with little faith in the finer things in life has few of them to enjoy. His consciousness does not attract blessings.

One's good will manifest at any time and at any place that he desires it. He has only to raise his consciousness to the place wherein he knows and perceives his blessings as manifesting without any limitation as to time or place.

One should always think of his good as constantly coming to him in ever increasing abundance. He should think of himself as the port toward which ships of blessings bear cargoes of plenty. He should think of his blessings as literally flying to him.

Faith denotes loyalty to a cause. If one hopes to attract good to himself, he must be loyal to that high consciousness through which it must come.

Whatever we want is in this surrounding invisible substance, and faith is the power which can bring it out into reality to us.—*Lessons in Truth.*

SATURDAY, MARCH 5

My Inspiration for Today: Every evidence of God's goodness fills me with zeal and enthusiasm and I am heartily enthusiastic.

Enthusiasm causes one to become alive. The enthusiastic person is usually one who is thoroughly alive. He gets into the current of life and beholds all things from an optimistic viewpoint. He is appreciative and always thankful for any evidence of God's abundance.

The person who is not enthusiastic, who does not respond to the interesting things of life, would find his whole world changed if he should change his viewpoint; he would find life presenting an entirely new aspect to him.

One should look with enthusiasm upon everything that he does. He should enthusiastically handle all his work. He should think of his daily duties as privileges and discover in them that which is capable of producing for him great joy. The enthusiastic and optimistic person is always master of his work. His positive and cheerful mental make-up determines this. On the other hand, we see the pessimistic and unresponsive man struggling, with his work (so to speak) upon his shoulders. The enthusiastic and responsive person has many friends.

Ye shall rejoice in all that ye put your hand unto, ye and your households, wherein Jehovah thy God hath blessed thee.—*Deut. 12:7.*

SUNDAY, MARCH 6

My Inspiration for Today: *I stand witness to God's revealing himself in countless ways in all my affairs.*

We should always be looking for the best in life. Only in this way can we discover it. If we turn our vision to the sordid things, they seem to become a part of us. If we look for nobler things, we find them everywhere.

God, the good, is always coming more and more into manifestation. Our part in the great universal plan is to welcome good, to expect it, and to stand witness to its expression.

When we talk about evil and disease, when we anticipate adversity, we give our thought and our vision to something that does not merit our attention. We should always think of and look for the good that we would bring into manifestation.

God reveals himself as health and wholeness. When we are strong and healthy, we are living testimonials to God's truth about man. When we give expression to divine ideas, we give expression to God. We become channels through which God comes into manifestation.

God reveals himself when man expresses love. When we are loving, God shines through us; in the face of the loving person, we can see the very countenance of God; we behold love, a divine idea, appearing in the world of form.

Ye shall be my witnesses.—*Acts 1:8.*

MONDAY, MARCH 7

My Inspiration for Today: *Through the will of God, justice is now established in all my affairs.*

When we know that God's will for us is absolute justice and success, we are free from the belief that injustice or failure can be God's portion for us. We want to unify ourselves with this divine will in order to know and to manifest exactly what God has in store for us.

When our thought is centered upon God, we are protected from thoughts of doubt, fear, and worry. We give up thoughts of injustice because we are conscious of the righteousness and the justice of God. We give up fear of the future because we know that there is nothing in all the world to keep our good from coming to us.

We have supreme courage to forge ahead in whatever we wish to undertake when we know that the will of God is urging us on and on to success. We feel that nothing in any way can turn us aside from accomplishing the things that we have undertaken.

When we understand God's will and know what he wishes us to do, we should bend all our energies to seeing God's will established in us and in all our affairs.

When the mind of man is set on high, he never gives up nor allows defeat to thwart his righteous ambitions.—*Christian Healing.*

TUESDAY, MARCH 8

My Inspiration for Today: *I live, move, and have my being in God. His goodness is within me and all about me.*

The practical Christian should always think of himself as existing in God and never separated from God's abundant goodness. God lives in man and man lives in God. When man realizes this truth he becomes consciously unified with all that God is.

When one knows that he lives in God and exists in him, he is assured of plenitude of life and health. Existing in God, one cannot lack life or strength. There is no absence anywhere of life, strength, and health.

Goodness is characteristic of the ideal and heavenly state that we enter when we arrive at that high state of consciousness in which we no longer recognize evil or limitation. When we attain this consciousness we shall know that God, the good, is ever within us and that we are forever established in good.

We put an end to our relationship with evil or adversity when we clear our consciousness of such beliefs. When we think only of good, naught but good can manifest for us.

To center ourselves in good we need but to keep our thought established in good, we need only to keep our minds fixed upon God.

The earth is full of the goodness of the Lord.
—*Psalms 33:5 (A. V.)*.

WEDNESDAY, MARCH 9

My Inspiration for Today: God, the good, fills my life to completeness and I am filled and satisfied with good.

When we realize that God is all the good (all there is of good) and, in reality, there is nothing but good, we get a very wonderful conception of God; all the old fears of evil pass away; we recognize God as all-in-all to us.

Since evil originated in man's mind, it can only be exterminated by first removing it from the mind. Since good eternally exists in Truth, the mind of God, good can be brought into our own lives by first causing it to manifest in consciousness.

God is incorporeal, without shape or form, without three dimensions. God is principle. God is the sum total of all the good there is. God is mind, spiritual consciousness.

While we meditate upon spiritual things, we are unified with God through spiritual consciousness. So long as we think good we are consciously unified with it. The more we think of good, the more good we have to enjoy.

As our consciousness of good expands, the more of good we find we have; we discover that there is nothing but good existing for us since only good exists for us in the higher mental and spiritual realms.

God is not a being having qualities, but he is the Good itself.—*Lessons in Truth.*

THURSDAY, MARCH 10

My Inspiration for Today: The Truth of Christ disabuses my mind of all belief in evil and in disease. I behold the good now coming into manifestation in me and in all my affairs.

If one gives his thought to believing in evil and adversity in any form, he takes from his mentality thought-substance which should be used in thinking good. If one believes in evil at all, he shows that he does not believe that, in Truth, good is all that has absolute reality and existence. If one thinks of disease as something, then he cannot think of health and wholeness as being man's true and natural state.

If one's thought is divided between good and evil, health and disease, one considers Truth and error as sharing equal honors.

One must purify his subconsciousness, the very depths of his mentality, of all belief that evil and disease have any part in his life. He must do so to the extent that he recognizes God as the only power and presence.

We can only hope to manifest the good after we have established the truth of God's supremacy in our consciousness. We can behold the good only when we have cleared our vision of all tendency to seek for evil.

Purify your hearts, ye doubleminded.—James 4:8.

FRIDAY, MARCH 11

My Inspiration for Today: I shift all my burdens on the Lord. Free from anxiety and strain, I abide in the peace of Christ.

Primarily, all burdens are mental. When worry and anxiety are erased from the mind, we usually find that all other burdens are insignificant. When we have our thoughts in right relation to situations in our lives, we come into a peaceful attitude toward all things.

When we shift our burdens onto divine law, we are willing to let the principle of Truth work out our affairs. We drop all personal anxiety and take an impersonal attitude toward even our own problems.

Christ within us is mighty to do things much better than we can do them in a personal way. Christ is the higher element in man which is always optimistic, always seeing the light ahead.

Abiding in the peace of Christ, we are free from all the petty annoyances that formerly disturbed us. We are established in that peace which sets all about us in harmony.

When we know that the personal in us has been exterminated, then are we ready to see the Christ come forth, always victor in all that we undertake, always leading us out of anxiety and fear, always guiding us to higher ground.

It is no longer I that live, but Christ liveth in me.—*Gal. 2:20.*

SATURDAY, MARCH 12

My Inspiration for Today: *This day I resolve to live the truth of Christ to the best of my ability.*

Our first step is to learn the truth and to think it at all times. Unless we know what the truth of life is we are unable to apply and to practice it. The Christian who knows the truth and does not practice it is called a hypocrite.

The second step is that of living the truth and making all our acts conform to it. The salvation of the world does not depend upon the universal spread of Truth; it depends upon the universal practice of Truth principles.

If one knows the truth about health, he should practice it. He should erase from mind all belief in disease. He should cease speaking of ill health. He should determine to be the perfect man of God that God knows him to be.

If one knows the truth about universal love, he should practice love in his dealings with others. He should wipe from consciousness all inclination to be unresponsive, hateful, and revengeful. The metaphysical teacher who does not practice love cannot inspire his students to the consciousness of love. He must put his philosophy into practice.

Spiritual thinking is the pioneer that opens the way into the new birth, but it must be followed by spiritual acting on the part of every faculty.—*Talks on Truth.*

SUNDAY, MARCH 13

My Inspiration for Today: *The encouraging, comforting presence of Christ is ever with me and I am inspired and encouraged in all that I do.*

How often one feels discouraged and despondent, feeling the need of a friend! How often he feels that just a word of courage or cheer would make things different for him! And this feeling of loneliness persists until one discovers Truth, the truth that Christ is right at hand ready to serve and to cheer.

This truth of Christ's nearness surprises us at first. Our eyes have seemed to be dulled to the brightness of his presence. We may not see him with the physical eyes, but through the inner eye of Spirit we behold him. We behold Christ within and about us. We feel that never again will we admit that we are defeated or discouraged.

Christ is always ready to inspire one to righteous endeavor. We may know that, when we are doing good, Christ is working in and through us. When we aspire to higher things, Christ is working in our consciousness.

Mystics and seers have taught the truth about Christ's being with us but, until we grasp the meaning of their inner teachings, it means nothing to us. When we discover the truth of our oneness with him, we are filled with joy.

Lo, I am with you always, even unto the end of the world.—*Matt. 28:20.*

MONDAY, MARCH 14

My Inspiration for Today: *I am renewed in mind and in body. I see all things from a new viewpoint.*

We can wipe from consciousness all the trials and mistakes of yesterday by replacing them with new ideas. We can see all things in a new light just by giving up old viewpoints and by filling our minds with new ideas.

We must learn to live in today and not in the past or the future. If we live in days gone by or in days to come, we get into a state of consciousness in which we cannot appreciate the blessings of today. One who lives in the past has fixed ideas; new ideas have no place in his consciousness. One who lives in the future lives in a state of strain and tension.

We can literally change ourselves and our whole world just by giving up old ideas and filling our minds with new ones. If we have any old ideas which are good and worth while these will be renewed. We can even renew old ideas and recharge them with vitality.

I salute you, Present Time. I pledge myself to live in the glorious now. The things of the past are but stepping-stones to that which blesses me today. Gone from my consciousness is all memory of adverse experiences, of all personal problems, of all petty trials and limitations of the past. I live the today. I live in the new day. I am awake in the eternal now.—*Beginning Again.*

TUESDAY, MARCH 15

My Inspiration for Today: *The Spirit of Christ in me disciplines all my thinking and henceforth I shall think according to the principle of Truth.*

When one knows that within him is the very Spirit of Christ he realizes that he also has within him the principle of Christ consciousness. This principle is his monitor for right thinking. If one would only line up his thoughts to this standard he would always be found thinking true, constructive, and health-producing thoughts.

In order to be in right relation to God and the universe, we must have our thoughts in order; we must always be found thinking according to the higher truths of being. In order to worship God we must have a correct understanding of what God is, our relationship to him, our duty to him and to mankind.

One who professes to be a Christian cannot consistently think just anything. He must make his thinking line up with his Christian principles. He must think love, life, peace, and health. If he permits thoughts of hate, death, inharmony, and disease to enter his consciousness, he is untrue to his Christian ideals.

When we perceive the truth clearly we know just what to think in order to be loyal and true to Christ, faithful to principle.

So then I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

WEDNESDAY, MARCH 16

My Inspiration for Today: *The light of Truth now dawns upon the horizon of my consciousness and I perceive and understand Truth.*

We may think of Truth as bursting upon the consciousness just as the sunrise floods the whole earth with glory and light. Before the sun, every shadow is put to flight; before Truth, every darkened belief must take its leave.

When we perceive the truth that man is made in the image and after the likeness of God, we give up the ignorant belief that man is limited in any respect. When this truth dawns upon us, we really wonder how we could have remained in darkness so long. We marvel that Truth in its simplicity has not dawned upon us before.

When we realize that God is within us, an inseparable part of us, we are freed from the belief that he can be separated from us. The truth as taught by Jesus is a veritable savior to us. When his truth comes to us we are set free from ignorance and superstition. Jesus realized that he must first set men free from mental bondage. He gave them the truth which would break the chains of mental slavery.

The light of Truth perceived in consciousness expresses itself in many ways.

This revelation of Truth to the consciousness of a person is spiritual understanding.—*Lessons in Truth.*

THURSDAY, MARCH 17

My Inspiration for Today: The power and the authority of Christ now active in my consciousness put all evil to flight. I am established in Christ.

In the Bible and in other books deception, sensuality, the wisdom and charm of evil, stealthiness, and gossip are often symbolized by a serpent. Paradise is destroyed by the serpent. Its inhabitants lose their paradise when they listen to the serpent's wisdom.

Occasionally evil seems to throw a glamor and a charm over those who become victimized by its voice. They seem to be so lulled by its machinations that they do not easily rally from its subtle operations. But one thing can rescue them: the power of Christ.

When Christ is established in one's consciousness he no longer hears the voice of evil, disease, and fear. The authority of Christ silences every enslaving belief. If one has believed himself under the spell of disease, he is freed when he perceives the truth.

An invalid often has well-meaning friends who voice negative beliefs about him. This, again, is the voice of deception. He cannot regain his paradise so long as he listens to any voice that tells him he is other than the perfect man of God.

And he [the angel] laid hold on the dragon, the old serpent, which is the Devil and Satan, and bound him . . . that he should deceive the nations no more.—*Rev. 20:2, 3.*

FRIDAY, MARCH 18

My Inspiration for Today: Through Christ, I have control over all my thoughts and emotions. I am poised and centered in Christ.

In order to control his reactions to the things in life, man must be in control of his thinking. He must be able to think what he desires to think regardless of what happens in his world. Things and events have no power to cause him to think other than according to his will.

For instance, one who knows Truth should cultivate the ability to think Truth at all times. Adversity may appear and appeal for recognition but, if he is established in Truth and is master of his thoughts and his emotions, he will not be swayed by adverse appearances.

The student of Truth should be able to think health amid even the most convincing appearances of disease. He should be able to think Truth because he knows that, in reality, there is nothing else to think.

If one is poised and centered in Truth, nothing can sway him from this position. In order to realize this poise and peace, one must know that he is established in Christ at all times. He is in control of himself, in control of all his thoughts and feelings.

The problem of self-control is never settled until all that man is, comes into touch with the divine will and understanding.—*Christian Healing.*

SATURDAY, MARCH 19

My Inspiration for Today: I am free from the belief that any one or anything can distress me. I am stabilized in the peace of God.

Worry and trouble can find no response in us when we are established in the peace of God. One who is unified with God cannot be disturbed or distressed by people or things.

If one is in trouble, he should turn to the Spirit of God within him. He should turn away from the things that vex and annoy him and turn to God. External things have no power over one who is established in Spirit.

Each one decides for himself to what extent people or things can affect him. He makes the decision and, consequently, he must decide when to put an end to worry. He is a law to himself.

When one abides in the peace of God nothing external can cause him to be unhappy or worried; he sees all things in their right relationship; he does not magnify little personal situations.

Freedom from the belief in worry comes when one fills his mind so full of peace that worry can find no place to abide. When the mind is stayed upon God, it cannot be given to trouble.

The belief that man's true estate is peace frees one from the belief in worry and trouble.

Let not your heart be troubled: believe in God, believe also in me.—*John 14:1.*

SUNDAY, MARCH 20

My Inspiration for Today: *The Christ light within me quickens life and I am healed.*

This is the Silent Unity healing word to be used from March 20 to April 20.

When we attain the consciousness in which we recognize Truth alone, we shall be in a position to spiritualize the body. Ignorance and belief in disease cause the body to be darkened by the shadows of ill health and weakness. The consciousness of health causes the body to express the light of Truth. Even the smallest cells of the body become illuminated by Truth.

We keep our eyes single to Truth by casting from consciousness all beliefs that oppose the Christ Truth. Even the most subtle belief in disease will work in an adverse way if it is permitted to remain in consciousness.

The light of Truth glorifies the whole being.

The body in which Truth is operating undergoes a strong refining process. The old dross of materiality, sensuality, and disease passes off and reveals a glorified body, glorified because Christ, the Truth, is present, glorified because it is the temple of the living God.

The lamp of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.—*Matt. 6:22.*

MONDAY, MARCH 21

My Inspiration for Today: The Christ light within me quickens and increases substance and I am in all ways prospered.

This is the Silent Unity prosperity word to be used from March 20 to April 20.

The Spirit of prosperity illumines, satisfies, and prospers us. We find ourselves in a universe in which certain needs must be met. We can see that there should be some way in which we can know just what to do when we are called upon to make decisions; we should have recourse to something which will satisfy all our desires; we should have access to a storehouse which will yield us abundant substance. We find all this when we discover the Spirit of prosperity within us.

The light of Spirit illumines us and directs us in all that we decide to do. If we but turn to this light, turning away from personal motives, we shall always be able to decide aright.

If we turn away from the belief in lack, we shall find that we face the light of prosperity.

Prosperity is natural to man. Only when he is blinded by belief in lack can he be turned from his natural heritage. God's gift to man is abundance and success.

For Jehovah God is a sun and a shield . . .
No good thing will he withhold from them that walk uprightly.

—Psalms 84:11.

TUESDAY, MARCH 22

My Inspiration for Today: *I am true to the Christ ideal, which is God's idea of man.*

Christ is God's idea of perfect man. This is the perfect idea of man which divine mind entertains. Jesus so thoroughly caught this divine idea that he developed a powerful Christ consciousness.

Man's privilege, as well as his duty, is so to grasp the meaning of this idea of perfection that he raises his consciousness to the degree that he makes himself perfect physically, mentally, and spiritually. The ideal that he has always hoped to attain is easily within his reach.

We have long called ourselves sons of God. Our part now is to give up all relation to evil, disease, and adversity, and to lay hold of godliness. We must manifest what we say we are. We must be in manifestation what we have thought and idealized ourselves to be.

If we call ourselves perfect, then we must set about to express that perfection. If we idealize ourselves as like Christ, then we must be busy expressing Christlikeness. We must give up evil thought and deed.

When we grasp the idea of our Christlikeness we plant in mind a powerful thought. We move nearer and nearer to the Christ or perfect ideal which we have always carried in mind.

Let every one that nameth the name of the Lord depart from unrighteousness.—*II Tim. 2:19.*

WEDNESDAY, MARCH 23

My Inspiration for Today: *There is no place in my consciousness for evil thought. There is no place in my world for the appearance of evil. God, the good, is now manifest in my mind and in my affairs.*

Evil is the projection of adverse thought. The evil which manifests in one's body or in his affairs results from evil thinking. If disease appears, then he may know that somewhere in his mind the disease-producing thought is lurking. If he believes in weakness, then weakness manifests in the physical organism. If he believes in lack, injustice, or disorder, then such a condition objectifies in his affairs.

We must deny all belief in inharmony, disease, or lack. The very appearance of adversity must be denied. We make our denials in order to weed from consciousness the beliefs that are not in keeping with principle. We make affirmations in order to establish the truth in consciousness.

When we declare that only God, the good, can have place in our minds or in our affairs we work with an immutable law.

God, the good, is all there is in Truth. Only God has reality to him who has wiped adversity from his consciousness and has established himself in Truth. Only good can manifest in his affairs.

Deny the appearance of evil, and affirm the omnipotence and the omnipresence of love and goodness.—*Christian Healing.*

THURSDAY, MARCH 24

My Inspiration for Today: *I no longer discuss or think about disease. I know that through Christ I am whole and perfect.*

So long as one discusses disease, just that long does he recognize it as something. If he thinks about it at all, he gives it place in his mind. One is not free from the disease belief even though he thinks of it as something which another has. If one recognizes that disease is something which man has, at some time he may discover that he is that man and that he has the disease belief to handle.

Jesus Christ brought to us the truth of man's perfection. His truth set men free from the belief in and the manifestation of disease. When man perceives this truth he is free from disease and weakness. Jesus did not attempt to force men to believe this truth or to compel them to be well.

The science of healing is just as scientific as is the working of any physical science. It is mathematical and exact in its operation. Its laws are reliable and accurate. Its basic law is that of right thinking.

The truth of man's perfection mentally and physically is based upon the truth of Jesus Christ. He is man's savior and redeemer.

Jesus Christ applied a sort of spiritual mathematics and revealed the fact that disease is a minus quantity, less than nothing, and not existent in his consciousness of omniscience.—*Getting the Clear Realization.*

FRIDAY, MARCH 25

My Inspiration for Today: God in the midst of me inspires me to joy. Turning to him, I am happy and joyful.

We can never lack joy when we have discovered that we have joy within us. Nothing external to us can cause us to be unhappy and moody when we are established in the inner joy.

When we turn from external things, things which disappoint and depress us, we find this great joy within. Then we are in position to see external things in a new light. We can see them as our servants and as bearing joy to us.

The joy and the harmony of God will fill us so completely that there will be no room in us for sorrow or depression. There is no place where God is not. There is no place within us where joy is lacking.

Joy comes through seeing things in their right relationship. If we see things as they exist in Spirit, we see them as they are established in joy. We rejoice over everything we find in the world when we can rejoice with Spirit.

People cannot cause us to be unhappy when we are established in this inner joy of the Lord. They cannot cause us to lose sight of this inner joy, once we recognize that, in reality, this joy is all-in-all to us.

It is you that He will rejoice in with singing if you will turn away from people to him within you. His singing and joy will so fill you that your life will be a great thanksgiving.—*Lessons in Truth.*

SATURDAY, MARCH 26

My Inspiration for Today: I am firmly established in the peace of God which silences every confusion and unrest. I am at peace with all persons and with all things.

In God's perfect world, there is no confusion, in-harmony, or unrest. In God, there is only peace and harmony. If we realize this truth, we are freed from the disturbing elements of life; we are stabilized in peace; we have the peace that cannot change; we have a peace that cannot leave us.

Confusion comes from a confused state of mind. If one does not have peaceful thoughts, he should not be surprised if confusion appears in his world. He should remember, however, that he can bring about any changes that he desires. He can transform the most alarming situations into those of pleasantness and of peace. He can transform a literal hell into heaven.

A peaceful person gives forth a radiance which is like the presence of God, because he is really conscious of God's presence. He is a channel through which the peace of Spirit expresses.

Peace is one of the most sought-after conditions in the universe and it is one of the easiest to obtain. One of the simplest of activities is that of changing one's mind.

The peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.—*Phil. 4:7.*

SUNDAY, MARCH 27

My Inspiration for Today: *I am willing to follow the teachings of Jesus Christ in all that I think, say, and do.*

If one would refine and spiritualize his thought and regenerate his life, he must follow the teachings of Jesus in all that he does. These teachings have within them the very germ of life. They direct man to God.

If we would demonstrate the life that Jesus demonstrated, we must be ready to follow in his footsteps. Many think that following Jesus calls for a life of sacrifice. The Christian life is not a negative one. It is not a life of "thou shalt not." It is positive and enjoyable. The true Christian is loving, happy, and radiant with more joy and more life than the non-Christian.

If we follow Jesus, we think according to higher principles; we think of God as being within us; we think of health as our natural birthright; we think of love and peace as the natural conditions existing between ourselves and others.

When we follow Jesus, we use his words; we speak words of health, peace, and power.

When we follow Jesus, we act as he would act; we serve others just as he would serve them; we work from an impersonal and an unselfish motive.

If ye love me, ye will keep my commandments.
—*John 14:15.*

(This is the 1,000th Unity Daily Word lesson.)

MONDAY, MARCH 28

My Inspiration for Today: *Divine justice is now active in all my affairs and I am justly dealt with at all times.*

If one feels that he is unjustly treated, he should clear his mind of such belief. So long as one believes in such a thing, just that long will he manifest injustice in his affairs. Injustice comes through the belief that one can be unjustly treated.

We must always think of God in his justice as in command of our affairs at all times. We must know that he is the only governor and the only law-maker. We must realize that God is actually present in all that we do, taking a firm hand in establishing justice.

Justice comes from God and if we rely upon God for justice it will surely appear. We cannot be disappointed in this. God will not fail.

Many persons tell us that their affairs were in the direst condition, and then—divine justice came to their rescue. The power of God became manifest. When we consider that God is a senior partner in our work we realize that he is managing all our affairs and giving us that which is for our highest good.

When you are in doubt as to the right thing to do in attaining justice in worldly affairs, ask that this eternal Spirit of justice shall go forth in your behalf and bring about and restore to you that which is your very own.—*Christian Healing.*

TUESDAY, MARCH 29

My Inspiration for Today: Christ, the Truth, delivers me from every adverse experience. In Christ, I am forever secure.

If we know the truth, we have in mind something which will deliver us from the most trying experiences. The truth of Christ is man's deliverance. Nothing can enslave man when he knows this truth.

Adverse experiences cannot bind man in slavery to them when he knows the truth. Prison doors have opened to men who have grasped the truth about freedom. When every avenue of deliverance seemed to be closed, unheard-of ways for freedom have opened.

Truth will deliver us from any conceivable bondage. Since we put ourselves in bondage through our adverse thought, so must we make our escape through knowing the Truth.

Deliverance from adversity must come first through the consciousness. We are not free from any bondage until we have freed ourselves first in mind. The crippled man who is healed through Truth is first set free in consciousness. He sets himself free when he realizes his freedom.

Christ never fails to deliver one when that one turns to Truth. Truth alone can cause us to give up bondage and to lay hold of freedom.

Thy God whom thou servest continually, he will deliver thee.—*Dan. 6:16.*

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WEDNESDAY, MARCH 30

My Inspiration for Today: *All my desires are for a fuller expression of God within me.*

When we desire higher things we but sense the possibility of attaining them. One who perceives an ideal is capable of reaching it. If one can behold himself in better conditions and expressing himself more fully, he can develop into such conditions.

We must have vision for higher things and a desire to obtain them if we are to expect them to manifest in our lives. Through desire we lay hold of what we want; we cause it to appear to us.

Desire is but one part of the law. God stands at the other side of it. Desire and supply go hand in hand.

Through desire we make a demand; we create a vacuum into which rushes the very bounty of God; we give God an opportunity to express through us.

If you are missing something in life, make a demand for it. Become so eager for it that you make yourself receptive to its advent. If you desire more health, become mentally receptive to it; cast out every belief in disease in order that there will be room for the abundant health which will come to you mentally and physically.

Desire in the heart is always God tapping at the door of your consciousness with his infinite supply—a supply which is forever useless unless there be demand for it.—*Lessons in Truth.*

THURSDAY, MARCH 31

My Inspiration for Today: *Free from adverse thought, I live in constant communion with God.*

If one would live with God, if he would know eternal peace here and now, he must turn away from all the adverse thoughts which cause adversity to manifest; he must give up all the little, petty thoughts; he must turn to God; he must give up all belief that God can be separated at any time from him; he must know that God is eternally with him; he must live in a state of constant communion with God.

We used to think that only monks and recluses could live the mystical life. Today business men and housewives have found the secret of living in constant touch with God regardless of who they are or where they are. They have discovered how to turn away from the petty things of life and how to live the mystical life.

We live in a constant state of prayer when we realize our oneness with God. One who is in unity with God is in unity with all life, love, and health.

In communion with God, we are in communion with our spiritual selves; we learn to know ourselves as we are in reality; we discover the genuine, imperishable part of ourselves; we find the divine.

In communion with God, we are in touch with all that is noble in life. The whole universe takes on a new meaning when viewed through spiritual eyes.

Pray without ceasing.—I Thess. 5:17.

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